



WV Becoming an Outdoors-Woman
Welcome and Registration Information

Thanks for your interest in the WV Becoming an Outdoors-Woman program. During the weekend workshop, you will have the opportunity to take four classes that will introduce you to a variety of outdoor skills. Please review the various course descriptions before making your choices. We ask that you make four choices for each session, just in case your first class choice has been closed. Each workshop offers a different variety of classes, so if you don't see a class offered this Fall, it may be offered next Spring. We keep all the classes small and manageable so that you can have a productive learning experience. And, classes are offered usually based on instructor availability. So, if there's a class you definitely want to take, please send in your information as quickly as possible.

Many women bring a friend or relative with them to the workshop...we even encourage it through the Bring a Friend Registration Rate. To qualify for this rate, you must bring someone NEW to the workshop, then both of you would receive the reduced rate. Some women come year after year and consider our weekend workshops a reunion. If you have a particular person with whom you want to share a room, please list them on your registration form after you have made sure that they are also coming. If you don't have anyone in particular that you want to room with, don't worry because this is a great opportunity to make some new friends!

As in the past, there are a few scholarships available to cover half the registration fees. Payment is required prior to the workshop via phone, by mail, or by fax. Unfortunately the BOW program cannot provide refunds, although substitutes are permitted. See the registration form for details.

Last fall we made a change in what the fee covers. Since you are staying in cabins and the cabins are a fair distance from the dining hall, we agreed with the suggestion of some participants that to save money and time, participants would be responsible for their own breakfast. Also lunch is on your own before the start of classes on Friday. Dinner will be provided on Friday and lunch and dinner will be provided on Saturday.

Our goal is to encourage women to Step Outside® and explore our outdoors, in a comforting non-threatening atmosphere. We have participants from various parts of West Virginia and also from other states. So, please come and have a great and relaxing weekend with a great bunch of women. If you have any questions or you may be interested in teaching a class at a future workshop, please feel free to contact me at 304-558-2771 or billieshearer@wvdnr.gov.

I'll see you this Fall!

Billie Shearer
Acting WV BOW Coordinator

WV Becoming an Outdoors-Woman
Watoga State Park, Marlinton, WV
September 14-16, 2007

Please complete both pages of the registration form completely.

Name _____ Phone Number _____
Address: _____ Female ____ Male ____ Age ____

E-mail _____

Please list your four choices for each session in order of preference

Session 1	Session 2	Session 3	Session 4
1 st _____	1 st _____	1 st _____	1 st _____
2 nd _____	2 nd _____	2 nd _____	2 nd _____
3 rd _____	3 rd _____	3 rd _____	3 rd _____
4 th _____	4 th _____	4 th _____	4 th _____

Workshop Fees

___ \$150 Full Price
___ \$120 Bring a Friend Reduced Rate (all forms and fees must be sent together)
___ \$85 Scholarship Rate (must include scholarship application)

Payment Methods

___ Check made to WV BOW enclosed
___ Please charge to my credit card (Visa/Mastercard/Discover)

Number: _____
exp date ____ Signature _____

Return registration form with appropriate funds by August 31, 2007.

By fax: 304-558-3147 (credit card only) Attn: BOW Registration
By phone: 304-558-2771

By mail: WV DNR--Wildlife Resources Section
Attn: BOW
1900 Kanawha Blvd., East
Bldg. 3, Rm. 842
Charleston, WV 25305



Registration, page 2.

The facilities at Watoga State Park are modern and standard cabins. Sheets and towels will be provided.

Lodging options: Please circle preferences

Modern Cabin

Standard Cabin

Please remember there are only so many modern cabins and only so much room in a cabin. We will try our best to honor all roommate requests. If no roommates are requested, we will place you based on your lodging options circled above. Please list roommate choices:

_____	_____
_____	_____
_____	_____

If the workshop is full when you register, do you wish to be placed on a waiting list for possible cancellations?

____ Yes, place me on the waiting list.

____ No, I'll wait until I can attend another workshop

The applicant, by signing below, recognizes that the program involves some risk and takes responsibility for all actions or injury that may result by participating.

Signature _____

No pets please!

Upon receipt of your registration and payment, you will be sent a confirmation letter. Equipment will be provided, but students are encouraged to bring their own as mentioned in course descriptions. Due to the increased cost and popularity of the workshops, **refunds will no longer be provided although you can name a substitute.**

Course Offerings

Session 1 (Friday PM)

Archery
Beginning Fishing
Firearm Safety
Fly Tying
Intro to Backpacking
Mountain Biking 1
Stream Ecology
What's in the Woods
Wilderness First Aid

Session 2 (Saturday AM)

Archery
Beginning Canoeing
Camping
Dutch Oven Cooking
Fly Fishing 1
Mountain Biking 2
Nature Walk
Beginning Rifle
Shotgun 1
So You Got a Deer

Session 3 (Saturday PM)

Bird Feeding & Habitat Enhancement
Canning
Deer Hunting
Fishing by Canoe
Fly Fishing 2
Forestry for Women
Overnight Backpacking
Nature Craft
Advanced Rifle
Shotgun 1
Turkey Hunting

Session 4 (Sunday AM)

Archery
Beginning Map and Compass
Handgun 1
Nature Craft
Overnight Backpacking
Shotgun 2
Stream Ecology
Stream Fishing
Wildgame Cooking/Dutch Oven

Course Descriptions

Advanced Rifle—Instructors: Debbie and Vernon Nosse

You will have the opportunity to learn more advanced shooting techniques specific to rifles. Equipment will be provided, but you may bring a cased centerfire rifle to the class. You will need instructor's approval to use your personal firearm. **Prerequisite: Completion of Beginning Rifle Class.**

Archery—Instructors: Pam Slaughter and Dixie Lambert

Participants will learn bow safety, how to fit and select equipment, and the art of shooting. Equipment will be provided, but students are encouraged to bring their own equipment (no broadheads, please).

Backpacking Overnighter (Two Sessions)—Instructors: PamWyant and Kim Beach-Shaffer

If you want an adventure, join us for this workshop. This is an overnight backpacking experience and in this workshop you will discover as you go; where we will backpack into the wild, set up camp, cook, enjoy our natural surroundings and the company of our fellow hikers, tell tall tales, sleep beneath a starlit night, wake to the smell of coffee and breakfast, hike back out, leave no trace and realize how lucky we are to share such peace and beauty. No experience required. (Backpacks, cooking gear, sleeping pads, tents, and lightweight sleeping bags provided)

Beginning Canoeing—Instructors: Kim Beach-Shaffer and Pam Wyant

Instruction will cover the basics: getting in and out of a canoe, team paddling, and proper strokes, and other special pointers. You will be getting out on the lake to practice your skills.

Beginning Rifle—Instructors: Debbie and Vernon Nosse

You will have the opportunity to learn gun safety and shooting techniques specific to rifles. Equipment will be provided, but you may bring a cased .22 rifle to the class. You will need instructor's approval to use your personal firearm. **Prerequisite:** BOW Firearms Safety class or hunters' safety certification card.

Beginning Fishing—Instructor: Zack Brown

This course will provide hands on instruction from choosing equipment to landing the fish. Learn the fundamentals of rod and reel handling, casting, knot tying and tackle. Equipment will be provided, but participants are encouraged to bring their own.

Bird Feeding & Habitat Enhancement—Instructor: Sue Olcott

Learn the basics for bird feeding – what species to expect, what to serve and proper presentation. Bring any questions you may have on managing your yard for wildlife.

Canning — Instructors: Debra Walker and Pam Glasser

Learn what tools and the simple technique needed to preserve your game meat. Making tasteful dishes for dinner does not have to begin hours before with thawing out the meat. In this class you will be preparing the meat, packing the jars and canning.

Camping—Instructor: Janet Clayton

How do you set up camp and still have a relaxing and peaceful experience? In this class, you'll learn about choosing the best location, setting up camp and making outdoor cooking simple.

Deer Hunting—Instructor: Janet Clayton

An introduction to what you need to know to go deer hunting from scouting to deer ecology and firearms to clothing.

Dutch Oven Cooking—Instructor: Dee Robinson

Complete meals can be cooked in a Dutch Oven whether it's breakfast or dinner. Learn how while practicing 3-4 recipes during class, then enjoy eating the results. You will also learn about the preparation and care of the oven and different equipment that can be used.

Firearms Safety—Instructors: Carol Stewart and Janet Clayton

This course will cover the basic types of firearms, firearms safety, gun handling, and the basics of selecting and purchasing firearms. This course is **required** for those wishing to take rifle, shotgun, handgun, and the hunters' safety certification card.

Fishing by Canoe—Instructors: Zack Brown

Try your hand at fishing from a canoe. Learn more about fishing techniques, lures, habitat, and how weather affects your success. **Prerequisite:** Basic knowledge of knot tying, casting and either have taken the Basic Canoeing class or have canoeing experience.

Fly Tying 1—Instructors: Marie Mason and Jeff Chidester

Learn the art of fly tying. You will be presented with materials and tools which are needed and learn their various uses. Then, you will try your hand at tying some basic fly patterns.

Fly Fishing 1—Instructors: Paula Voldeck, Linda Linger, and Jeff Chidester

Learn the basics of casting and fly presentation, fly design, knot tying, selection of equipment, and basic knowledge and understanding of fly fishing. Participants are encouraged to bring their own equipment, but equipment will be provided for first timers as well.

Fly Fishing 2—Instructors: Paula Voldeck, Linda Linger, and Jeff Chidester

Take your knowledge learned from Fly Fishing 1 to the next level. You will visit a local stream and practice your casting skills and possibly reel in a catch. Participants are to bring waders or old shoes. **Prerequisite:** Fly Fishing 1 or a previous Fly Fishing class from Trout Unlimited or BOW.

Forestry for Women—Instructor: Barb Breshock

More and more women are becoming property owners. This class will provide information on how to manage your land for various uses. The second part of this course involves walking on a small forest plot, so bring appropriate shoes.

Handgun — Instructors: Debbie and Vernon Nosse

You will have the opportunity to learn gun safety and shooting techniques specific to handguns. You may bring your own, but you must also provide your own ammunition if not using .22 or 38 sp. **Prerequisite: BOW firearm safety class or hunter education certification.**

Introduction to Backpacking—Instructor: Pam Wyant and Kim Beach-Shaffer

If you would enjoy backpacking, but you're not ready to commit to an overnight trip, then this course is for you. Participants will receive experience in hiking with a pack and instruction in backpacking equipment, food preparation, setting up and breaking down camp, basic safety and wilderness etiquette.

Map and Compass—Instructor: Barb Breshock

Students will learn how to navigate using a map and compass and learn to interpret topographic maps and route selection. You will then practice your newfound skills over the local terrain.

Mountain Biking 1—Instructor: Gene Wells

Learn the equipment basics, "rules of the road" and have the opportunity to explore part of the Greenbrier River Trail. We will have bikes and helmets available, but you are encouraged to bring your own.

Mountain Biking 2—Instructor: Gene Wells

This is a more advanced Mountain Biking class and therefore will be building on skills learned in Mountain Biking 1. There will be more discussion on gears, brakes, and technical navigation and you will also bike on a more challenging local mountain bike trail. We will have bikes and helmets available, but you are encouraged to bring your own. **Prerequisite:** Mountain Biking 1 or a good knowledge of mountain biking.

Nature Craft—Instructor: Marie Mason

Do you want to get in touch with your crafting side? Come and learn to make a nature craft to take home with you. All materials and tools will be provided.

Nature Walk—Instructor: Sue Olcott

This class will be a leisurely walk (hike) with the most emphasis on nature and nature awareness.

Shotgun—Instructors: Al Means and Carol Stewart

You will have the opportunity to learn gun safety and shooting techniques specific to shotguns. Includes clay pigeon shooting. Firearms and ammunition will be provided in 20 and 12 gauges. You may bring your own cased firearm, but it must meet safety approval of the range instructor. **Prerequisite:** BOW Firearms Safety class or hunters' safety certification card.

So You Got a Deer—Instructor: Debra Walker

Now what? This hands-on class will take the mystery out of getting your game from the field to the table. You will be guided throughout the proper techniques and equipment for field dressing and butchering whitetail deer.

Please be advised that participants will be working up a fresh kill that will be used in the Wildgame Cooking class.

Stream Ecology—Instructor: Dan Cincotta

This course will be an introduction to aquatic creatures and their role in an aquatic ecosystem. There will be some lecture time, but most of the class will involve hands-on learning so be prepared to get wet.

Stream Fishing—Instructor: Zack Brown

Learn where and how to fish streams and everything from techniques, lures, habitat, to how weather affects your success. Participants are encouraged to bring their own equipment, but equipment will be provided.

Prerequisite: Basic knowledge of knot tying and casting.

Turkey Hunting and Calling—Instructor: Curtis Taylor

Learn the basics of wild turkey hunting from understanding wild turkey behavior, preseason scouting techniques, shot placement, and equipment selection. Also learn calling techniques.

What's in the Woods—Instructor: Curtis Taylor

Have you ever gone on a hike and wondered what that tree, bush, weed, bird or animal track might be? Then this class is for you. Learn how to identify various plants that grow in the woods by their leaves, bark, buds, and flowers. Learn to identify birds visually or by their song and what animal left their track in the woods. Easy hike in the woods so wear appropriate shoes.

Wilderness First Aid—Instructor: Debra Walker

Class members will learn to splint, control bleeding, and to safely move injured people. You will also be provided with an overview of several medical illnesses and environmental injuries and/or illnesses that may be encountered in the outdoors.

Wildgame Cooking—Instructor: Debra Walker

In this class, you will be preparing fresh venison and trout in a variety of ways. Cutting, storing, and cooking the meat will be demonstrated in this class, and you will be able to share the results with the rest of the group at our Sunday closing ceremony.

**WV Becoming an Outdoors-Woman
Scholarship Application
Fall 2007**

Name _____

Thank you for your interest in the WV Becoming an Outdoors-Woman Scholarship. Four scholarships will be given. If you wish to apply for a scholarship, please complete this application and submit it with your registration form with the \$85 registration fee. You will be contacted by September 5, 2007 of your status. Preference will be given to first-time participants, full-time students, single parents, and low-income households.

All information will be kept confidential.

Annual income _____

Number of dependents _____

Please write an essay (100 word minimum) describing why you want to become an outdoors-woman. The essay may be written or typed. You may use the space provided or attach your essay to this form.

I certify that the information that I have provided is correct and that the scholarship essay is of my own work.

Signature

Date